



# Fats

## Green fats or GOOD FATS

### FIND IT IN

- avocado
- eggs omega-3
- fish omega-3  
*OILY – salmon, mackerel, trout, sardines*

AT LEAST 3 TIMES A WEEK

- nuts omega-3
- olives
- oil – rapeseed oil, sesame oil, olive oil, nut oils

## Amber fats or BAD FATS (saturated fats)

### FIND IT IN

- processed meats like sausages, ham, burgers
- whole fat dairy products and hard cheese
- vegetable oil
- butter, ghee, coconut oil, palm oil

## Red fats or VERY BAD FATS

### FIND IT IN

- cakes, biscuits, pastries
- deep fried foods, battered foods, takeaways

### SWAP THIS

Fatty cuts of meat →

Roasted & fried foods →

Butter →

Cakes, biscuits & pastries →

### TO THIS

Lean cuts with no visible fat.  
Ideally go for fish over red meat.

Grilled, steamed or baked foods  
olive oil, rapeseed, sunflower oil

A handful of unsalted nuts